# User Manual

Button

OLED Screen

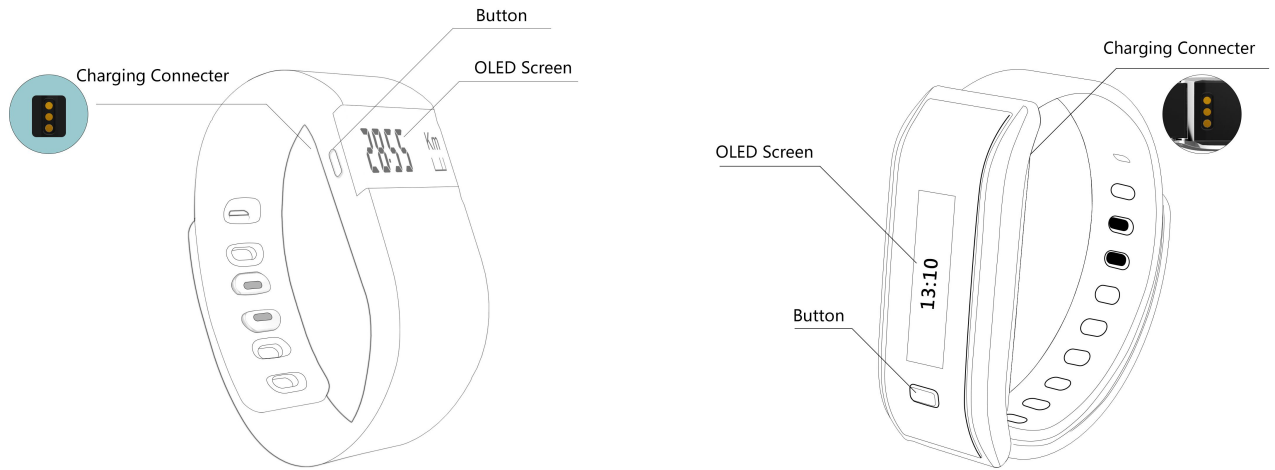Charging Connecter

Charging Connecter

OLED Screen

13:10

Button

2855 km

## Dear Customers,

Welcome to your smart wristband.

The smart wristband, a device that measures your daily job and activity with quality products and services. With this device, you can actually experience the excellence and humanization design of the device. Bring you a pleasant and enjoyable life.

Thanks for choosing us, we provide the particular instructions for better operating the products. Before using the products, please read the instruction first. If there is any misprint, please do understand. Thank you.

## 1 .Product Description

With the high-end and well-designed appearance, the portable multifunctional smart wristband is perfect in: tracking steps, distance measurement, calorie consumption management, monitoring your sleep cycle, time displaying, waking you (for drinking, sitting for too long, waking up) with a silent wake alarm.   The smart wristband is your perfect companion, stay with you everywhere and keep a health record of your body.

## 2 . Compatibility

Compatible with    IOS: iPhone 4S, iPhone 5, 5C, 5S , and IOS6.1 or above. Android System 4.3 or above(Bluetooth version 4.0).

## 3. Functions and features

【Tracks steps】 Record and track steps accurately.

【Distance measurement】  Measure your daily walking distance precisely.

【Calorie consumption management】 Calculate the consumption of calorie, record the daily burn-up calorie.

【Sleep cycle】Monitoring your sleep cycle automatically, record the quality of sleep.

【Time display】Sync your smart phone with LED digital time display.

【Reminder】Setting reminder for drinking, taking medicines, meeting, sitting for too long or other customized alarm.

【Call reminder】 When incoming calls are not answered in certain time,the smart wristband will remind you by vibration(IOS system unavailable).

【Message reminder】 When new message arrived, the smart wristband will remind you by vibration , in that case you won't miss any timely message(IOS system unavailable).
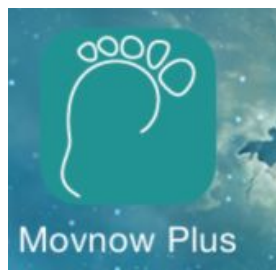
More function,please download and upgrade new program

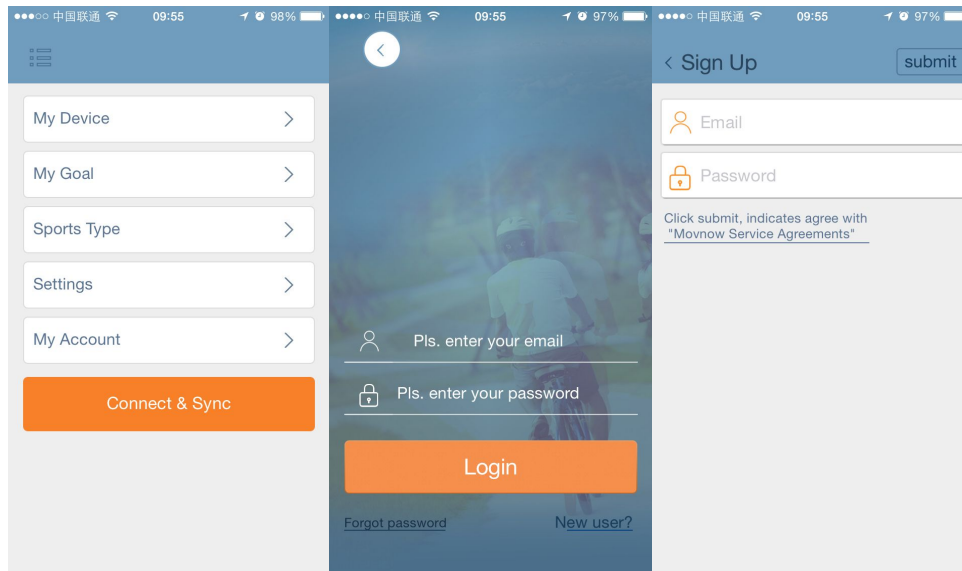## 4. Introduction of smart wristband

1)、Download the APP of the wristband

Find "Movnow Q2" from Andriod Market or Apple store.

The picture below shows the icon of the APP：



2). Registration page

Open the APP and hit "My Account"（From PIC 1）,then    hit " New User"（From PIC2）    then Key in E-mail address for registration and then submit.（From PIC3）.
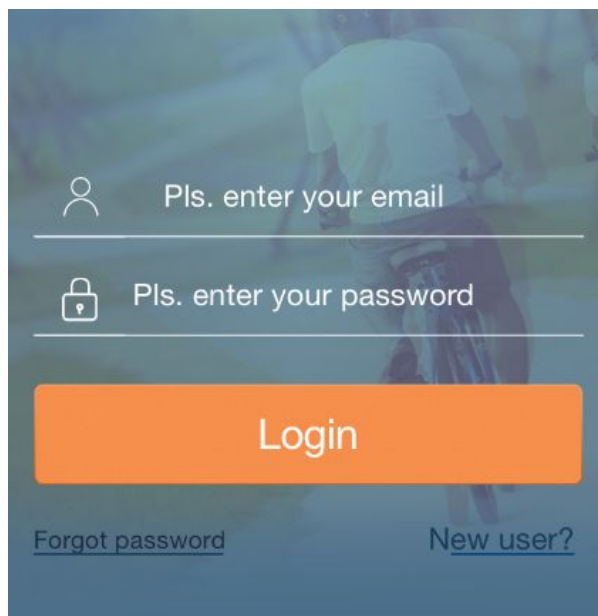


PIC 1                          PIC2                          PIC3

Login Page：


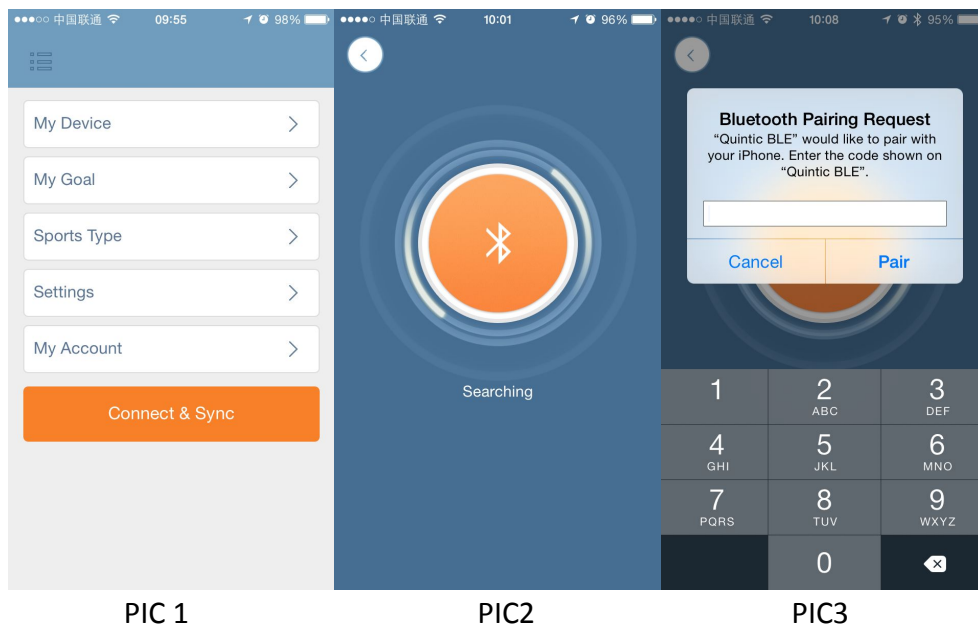
3) Connecting device（Turn on Bluetooth before connecting device）
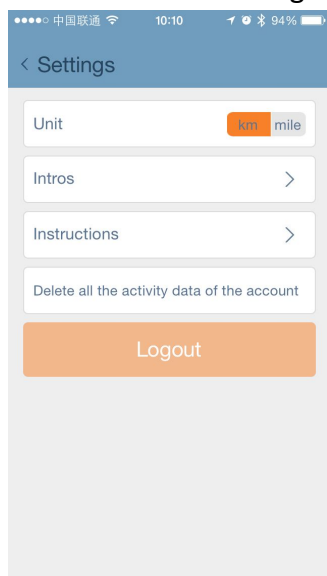
After login, please hit "Connect and Sync"  （From PIC 1）;

Searching for paired device  （From PIC 2）;

Request for Bluetooth paired shows up（From PIC 3）Password：1234



PIC 1                    PIC2                    PIC3

4) Setting

Set the unit of tracking steps, choosing "mile" or "kilometer"



5) Functions and features

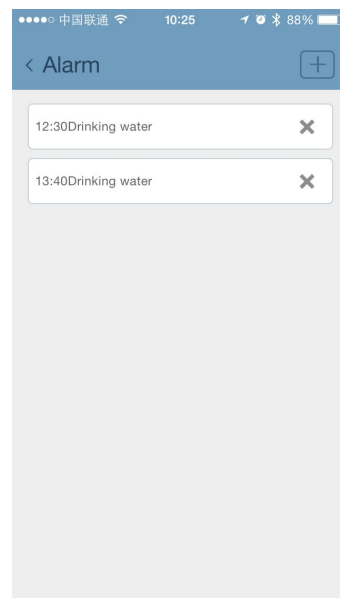Instruction shows the functions and features of the smart wristband.

# 5. Functions Instruction

A.  Reminder for Drinking

Add a reminder for drinking, after, save the reminder.（PIC 1）, hit the add from the top right corner and save the reminder（PIC 2）
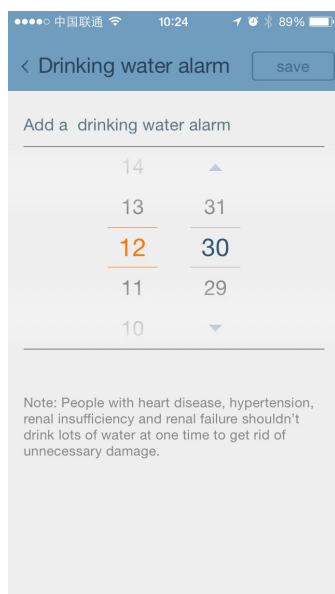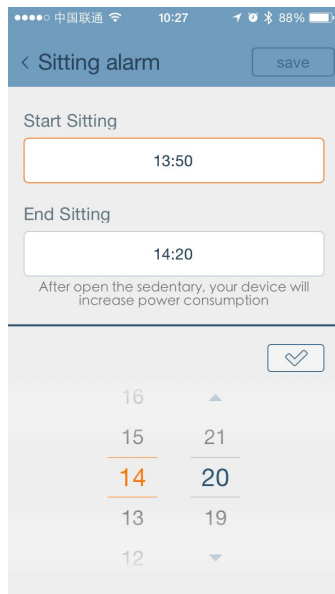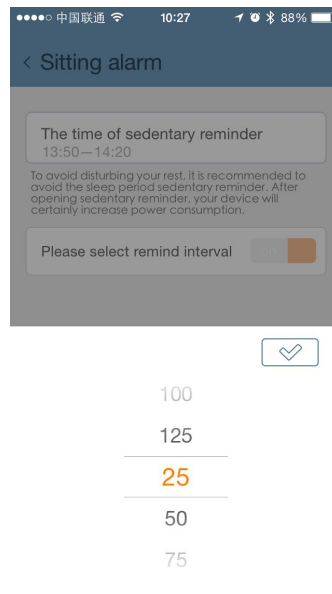


PIC 1

PIC 2

B.    Reminder for sitting too long

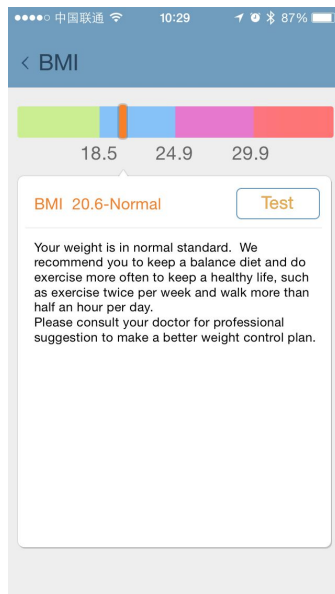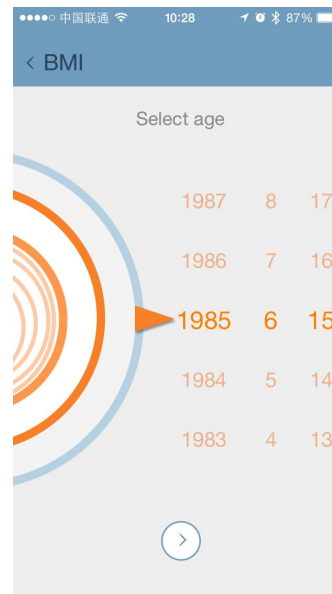Add a time period for reminder（PIC1）；Or you can set the reminder every 25 minutes.（PIC 2）



PIC 1



PIC 2

C.    Ｂ Ｍ Ｉ

In accord with your Body mass index, test your current BMI  （PIC1）,
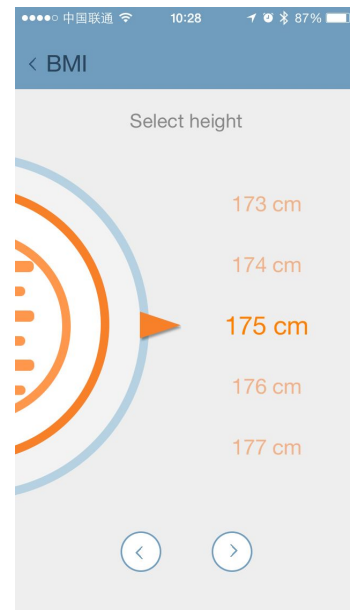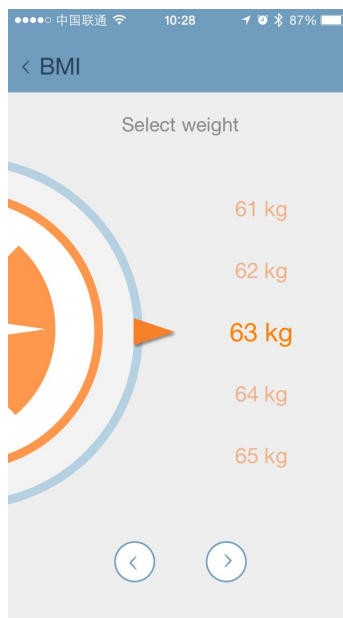
click testing, from PIC2 – PIC5



（PIC 1）



（PIC 2）

（PIC 3）


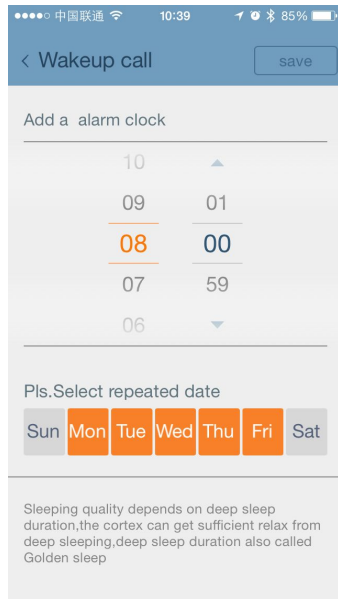（PIC 4）


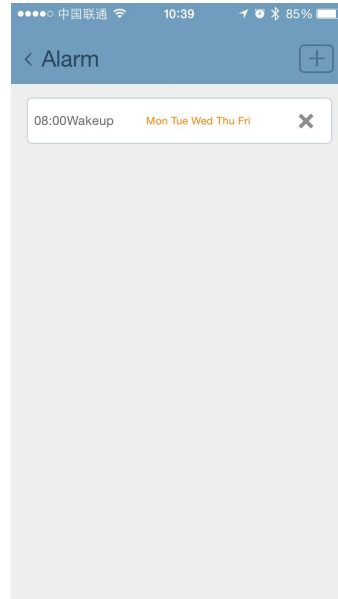（PIC 5）

D.　Reminder for waking up

Set the time period then save 　（PIC 1）; You can also add other alarms by adding

button from the top right corner（PIC 2）.

PIC1

PIC 2

## 6、 What's inside

1 Smart Wristband

1 Charging Wire

1 Package

1 User Manual

## 7. Warning

Please keep the device or battery away from the sunlight, fire or other overheated environment.